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Drill Sergeants face off for top honor

Drill sergeants compete for title of Fort Jackson Drill Sergeant of the Year.

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The Fort Jackson Leader

Thursday, May 8, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

RCI on hold until August

Chris Rasmussen
Leader Staff

The transfer of family housing at Fort Jackson to a private company has been delayed until August.

Originally slated for June 1, the transfer of operations to Balfour Beatty Communities (formerly GMH Military Housing) has been delayed until Aug. 1 due to a weakening economy and high interest rates.

"It was determined that we should wait on the transfer in order to allow the interest rates to improve," said Emma Watson, Residential Community Initiative director.

Balfour Beatty Communities is borrowing funds to complete the project. At today's interest rates, the project would garner fewer units than originally planned.

Family housing residents will continue to call in service orders and work with the current staff until July 31, Watson said.

Starting Aug. 1, Soldiers who live in family housing will be required to sign a Resident Responsibility Agreement (lease) and establish an allotment to cover rent, utilities and renter's insurance. The amount of the allotment is the same as the Basic Allowance for Housing at the dependent rate.

The Army announced last May the selection of GMH/Centex Military Communities to prepare a Community Development and Management Plan as part of the initiative to privatize family housing at Fort Jackson. Belfour Beatty, which purchased GMH in April, will be responsible for development, construction, maintenance and management of family housing at Fort Jackson.

"I am pleased with the recent collaboration between DA RCI, Belfour Beatty and Fort Jackson to relook our

See **RCI** Page 3

Fort Jackson's 'Special' days



Photo by Julia Simpkins, Public Affairs Staff

Special Olympics athletes and the Fort Jackson and Columbia community descend on Fort Jackson's MG Robert B. Solomon Center for the kick-off ceremony of the South Carolina Special Olympics May 2-4. This is the 40th year that Fort Jackson has partnered with the Special Olympics.

Armed Forces Day Open House 2008

Fort Jackson will open its gates May 17 to celebrate Armed Forces Day with the community. For more information on events and activities, see center of paper.

Fun activities, exhibits planned for open house

Chris Rasmussen
Leader Staff

The grassy hill near Hilton Field will be transformed into a Vietnam firebase for the 50th Annual Armed Forces Day celebration and Thunder at Fort Jackson Air Show.

Organized by the Celebrate Freedom Foundation the display will depict the life of a Soldier serving in the Vietnam War.

"In the past we have concentrated on World War II living history displays," said Jack Lovelady, Celebrate Freedom Founda-

tion president. "But because so many of (the veterans) are getting up in age, it is getting more and more difficult for them to travel to these types of events.

The foundation will also host an array of exhibits and military living history field encampments that depict the American Revolution, Civil War, Buffalo Soldiers, World War I, World War II, Korea, Vietnam, Desert Storm and Operation Enduring Freedom.

Between 28,000 and 32,000 spectators are expected to attend the events, which

begin May 16 with military displays at Hilton Field for local schools and a golf tournament at the Fort Jackson Golf Club.

Armed Forces Day activities continue at 9 a.m., May 17 with an action-filled schedule of events and activities at Hilton Field. Activities include military equipment displays, tours of Fort Jackson facilities, children's entertainment and games, drill competitions, 282nd Army "Victory" Band

See **AFD** Page 6

Ask the Garrison Commander

On-post schools; promotion admin errors



Col. Dixon

Q I live off post, but I think it would be easier for my family's schedule if my kids could be in the on-post schools. They would also have access to on-post before- and after-school child care. Are my kids eligible to register for the on-post schools?

A The on-post schools at Fort Jackson are part of the Department of Defense Education Activity. The schools here are only open to family members of permanent party Soldiers in on-post housing.

Soldiers waiting for housing with a 90-day wait list letter from housing are eligible to enroll their children while living off post and waiting for housing. Those families will need to provide transportation from

their off-post location until they move into their on-post housing unit.

Refusal to accept housing on-post will result in loss of eligibility. Families who move off post after their child has already begun the school year on post may complete the remainder of the current school year. Transportation will be the responsibility of the family in this case as well.

For more information, visit www.am.dodea.edu and click on policies, then eligibility.

On-post Child and Youth Services before- and after-school programs are not limited to children attending on-post schools.

Transportation to and from on-post before- and after-school care is available at some local off-post schools. Contact CYS central enrollment at 751-4865 for information about transportation to and from local schools.

The Boys and Girls' Club of the Midlands offers before- and after-school care at

some local schools. Cost for this is subsidized for active duty military and DoD civilians through a program called Army School-age Programs in Your Neighborhood. Fees are based on income categories, just like on post. Call 231-3300 for more information or go to www.bgcmidland.org.

Q I am an active duty lieutenant colonel in the zone for promotion to colonel. Upon release of the board it was discovered that I was not considered for promotion, because of an administrative error in my date of rank. Do I have to wait until the next colonel's board to be considered for promotion?

A No, Army Regulation 600-8-29, Chapter 7, paragraphs 7-9 through 7-12, provides guidance to officers on the necessary steps to take to submit a request for consideration.

Before submitting your request, you may contact the Personnel Strength Management Work Center at 751-4908/6606 for assistance.

Garrison Fact of the Week

More than 1.2 million children (birth to age 21) have at least one parent who is on active duty. Approximately 800,000 school-aged children come from active duty service members' families.

About 13 percent of these children are in special education; 75 percent of these military children are younger than 12. More than half of the children are younger than 7. About 37 percent of the active duty forces (1.4 million) are parents. The average number of children per family is 2.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

Fort Jackson talks back

Are you planning to attend any of the upcoming special events on Fort Jackson?



Marion Zissett
Air Force Retiree

"Usually, I attend Armed Forces Day. I like the variety."



Sgt. 1st Class Robert Pickett
17th Military Police Detachment

"I plan to celebrate Memorial Day. I'll be on leave during the July 4 weekend, but I'm still planning to attend Torchlight Tattoo."



Cora Varner
Family member

"Not this year — my husband has orders to go to Japan. We have attended events in the past."

Chris Daugherty
DA Civilian

"I have nothing planned yet. I go once in a while, but I'm real spontaneous about it."



Staff Sgt. Samuel Williams
HHC 165th Infantry Brigade

"I'll probably go to Armed Forces Day. I just enjoy the air shows and letting the kids see the Army vehicles."



The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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NEWS

Silence must be broken to prevent other genocides

Mike A. Glasch
Leader Staff

*When the Nazis came for the communists,
I remained silent;
I was not a communist.
When they locked up the social democrats,
I remained silent;
I was not a social democrat.
When they came for the trade unionists,
I did not speak out;
I was not a trade unionist.
When they came for the Jews,
I remained silent;
I wasn't a Jew.
When they came for me,
there was no one left to speak out.*
— Pastor Martin Niemöller

The German pastor is credited with writing "First They Came" following World War II to express his deep regret about not having done enough to help the victims of the Nazi Holocaust. The poem served as the central theme for Tuesday's Days of Remembrance observance at the Joe E. Mann Center.

Guest speaker Stephanie Alexander, training program specialist for the U.S. Army Chaplain Center and School and a Jewish lay leader, said of the Holocaust: "We were participants by our silence, we were there."

Between 1933 and 1945 it is estimated between 9 million and 11 million people were put to death by the Nazi regime. The majority (an estimated 6 million) were Jews. In 1980, Congress established Days of Remembrance as an annual commemoration of victims of the Holocaust.

"The results of the Holocaust were so successful that almost 70 percent of Europe's Jews were exterminated," Alexander said. "It was fully federally funded and not difficult to get the general population on board with the plan, partially because the targeted sympathizer was not the targeted victim."

She went on to say that while the Holocaust remains the most prominent genocide because it was the best planned and documented, history and current world affairs are littered with examples of national, racial, political or cultural



Drill sergeants light candles during the Days of Remembrance observance April 29 at the Joe E. Mann Center to remember and honor those killed in the Holocaust.

extermination.

"In 17th century America — our America — 4,000 Cherokee people died from cold and hunger during a forced march relocating them from the east to designated western lands," she said. "Today, in Darfur ... 400,000 Sudanese have been exterminated."

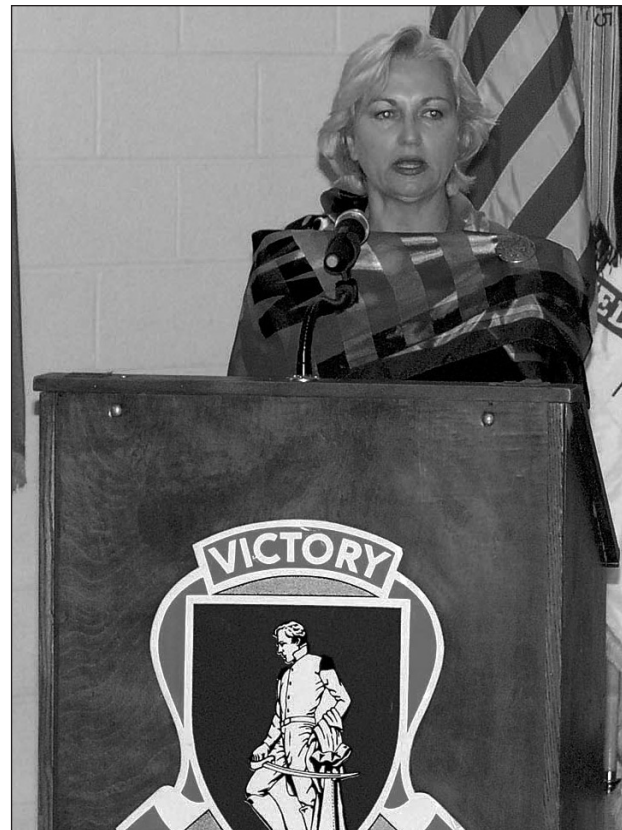
Silence, Alexander said, is the reason genocides have been allowed to continue. Of the silence during the Holocaust, she pointed to several examples where mass silence and inaction gave credence to the Nazis' actions.

"Doesn't it seem odd that trainloads of cattle cars stuffed with men, women and children arrived at the (concentration) camps every day in plain view of the surrounding communities and no one, no one ever wondered why people went in but no one ever came out?" she asked. "Doesn't it seem odd that no one ever questioned the skies filled with smoke and the stench of burning human flesh?"

"Doesn't it seem odd that not even once were crematoriums targets of U.S. bombers? We were there, we were witnesses and remained silent."

Chaplain (Maj.) William Green, branch chief for force design, USACHCS, said that nearly 70 years ago Christian communities were confronted with an important question, and that in many ways the same question confronts society today.

"How do we respond to the calculated, premeditated, deliberate act of evil exacted in the name of political ide-



Photos by Mike A. Glasch

Stephanie Alexander, training program specialist, U.S. Army Chaplain Center and School, and a Jewish lay leader, talks during the Days of Remembrance observance April 29 at the Joe E. Mann Center about how silence could lead to another Holocaust.

ology that flies in the face of Christian ethics to love your neighbor as yourself?" he asked. "The Christian perspective still demands that we not stand silent."

Alexander agrees that the only way to prevent another genocide is to break the silence.

"The success of the next exfoliation of a branch of the human tree depends on the person sitting next to you," she said. "If he or she says nothing when they come for you, turns a deaf ear to your screams, a blind eye to your removal, then there is no point in saying, 'Never again.'"

Michael.A.Glasch@us.army.mil

Warriors, families receive \$15K donation



Photo by Susanne Kappler

Jim Rogers, left, president of the local chapter of The Retired Enlisted Association, presents a check worth \$15,000 to the Fort Jackson Soldier and Family Assistance Center. Accepting the donation are Jessie Deberry, middle, SFAC director and Joseph Hightower, administrative director of the Warrior in Transition Unit. SFAC plans to use the money on a number of quality of life items, such as special events, morale trips and lodging expenses for family members.

RCI

(continued from Page 1)

plans on the homes we intend to renovate. I believe we have come up with a solution that will offer the best floor plan and upgrades to our residents," said Col. Lillian Dixon, garrison commander. "Our goal is to provide Soldiers and families assigned to Fort Jackson with the highest quality of homes as possible."

Families who were informed that they would be moving in Phase I of the project, will not relocate until further notice.

"With school closings approaching soon, I want to help avoid the stress of moving if it is not necessary," Dixon said. "I assure all residents that if they are required to move as a result of the transfer, I will provide plenty of notice and will work with each individual circumstance."

For more information regarding RCI and the transfer of family housing, call 751-9343.

Chris.Rasmussen@us.army.mil

Around Post

Blood Drive

A blood drive will be held from 9 a.m. to 2 p.m., Friday at the Directorate of Logistics headquarters building (2600 Lee Road). For more information and to register, call 360-2036.

Vehicle Registration Closure

Vehicle Registration will close 11 a.m., Friday for organizational day.

MEPS Change of Command

A change of command for the Military Entry Processing Station will be held 10 a.m., May 16. Maj. Sherman C. Goodwin will assume command from Lt. Col. Richard K. Wagner.

Armed Forces Day

Armed Forces Day will be held from 9 a.m. to 5 p.m., May 17. Activities will include military static displays, a golf tournament, tours of Fort Jackson facilities, games, drill competitions, a concert and an air show. The event is free and open to the public.

Reclamation Sale

The Fort Jackson Reclamation Sale will be held from 8 a.m. to 5 p.m., May 19-23 at 2570 Warehouse Road. May 19 is open for E1 through E5; May 20 is open for training cadre; May 21 and 22 is open for all active duty Soldiers; May 23 is open for all active duty, Reserve and National Guard Soldiers. Sales are cash only.

Asian-Pacific Heritage Luncheon

A luncheon celebrating Asian-Pacific Heritage Month will be held from 11:30 a.m. to 1 p.m., May 23 at the Officers' Club. Tickets cost \$9.25.

For more information, e-mail James.Tucker3@conus.army.mil.

Museum Open

The Fort Jackson Museum has reopened. The opening hours are from 9 a.m. to 4 p.m., weekdays. The museum is closed on weekends and federal holidays.

Joint-service chaplain school ground broken; completion set for fall 2009

Chris Rasmussen
Leader Staff

The U.S. Army Chaplain Center and School has had numerous homes before coming to Fort Jackson in 1996. And apparently it isn't going anywhere anytime soon as the DoD prepares to relocate Navy and Air Force chaplain schools right next to it.

Religious and military leaders from all branches converged on Fort Jackson Tuesday to take part in the groundbreaking ceremony for the Armed Forces Chaplaincy Center.

"New construction will blend in to the existing school and form a campus with a cluster courtyard," said Chaplain (Col.) Eric Wester, special projects officer. "Each school will maintain its own command, but will seek opportunities for shared training."

The move to combine all Armed Forces chaplain schools is the result of the Base Realignment and Closure initiative. It mandates Navy and Air Force chaplain schools at Maxwell Air Force Base, Ala., Naval Air Station Meridian, Miss., and Naval Station Newport, R.I., relocate to Fort Jackson beside the USACHCS to form the combined school. Training for Navy religious program specialists will also be moving from Naval Air Station Meridian.

"Each of the service schools will retain its unique training for its particular needs, and each will have its own school," said Chaplain (Col.) Clarke McGriff, commandant, USACHCS. "But there will also be an economy of effort and expense where, whenever possible, key training that is shared by all of the services will be conducted in an interservice environment."

The \$11.6 million project includes construction of a 45,800 square-foot building and features a 300-seat auditorium. The entire center will receive stained glass windows depicting each service. Construction is expected to be completed by September 2009.

The Army Chaplain School, the first of the Armed Forces chaplain schools, was created in 1917 out of a need to adequately train chaplains to staff the large military machine needed to fight the war in Europe. The first session of the school was March 3, 1918, at Fort Monroe, Va. For the second session, the school moved to Camp Zachery Taylor, Ky.

By 1928 there were only 125 chaplains on active duty. The activities of the school were suspended and remained so until another war would demand build up of military might requiring chaplains to minister to forces.

The school was reactivated for World War II on Feb. 2, 1942, at



Photo by Chris Rasmussen

Brig. Gen. James H. Schwitters, Fort Jackson commanding general, third from left, and Col. Clarke McGriff, US Army Chaplain Center and School commandant, second from right, join in the ground-breaking ceremony of the Armed Forces Chaplaincy Center Tuesday. The Air Force and Navy chaplains school are moving to Fort Jackson as part of the Base Realignment and Closure Initiative.

Fort Benjamin Harrison, Ind. More than 8,000 chaplains graduated from the school between 1942 and 1945. Its locations have been diverse, ranging from a two-year stint at Harvard University to Fort Slocum, N.Y. Other locations include Camp Henry Knox, Ky.; Fort Wayne, Mich.; Fort Leavenworth, Kan.; Carlisle Barracks, Pa.; Forts Hamilton and Wadsworth, N.Y.; and Fort Monmouth, N.J.

On July 1, 1953, when the Air Force was given responsibility of training its own chaplains, the Air Force Chaplains' Course was established at Lackland Air Force Base, Texas, and placed under the Officer Basic Military Course. The USAF Chaplain School was established in May 1966 at Maxwell Air Force Base.

The Naval Chaplains School came into existence in February 1942 when large numbers of civilian clergy entered the Navy during World War II. First located at Naval Station Norfolk, Va., the school moved shortly thereafter to the campus of The College of William and Mary, Va. Decommissioned in 1945, it was reactivated in 1951 during the conflict in Korea and reestablished at Newport, R.I.

Chris.Rasmussen@us.army.mil

Need for media-savvy Soldiers on the rise

Chris Rasmussen
Leader Staff

The ever-increasing need for a Soldier to be able to communicate effectively when dealing with the media, has prompted a Fort Jackson institution to train its leaders in public speaking.

Command Sgt. Maj. Billy Blackmon, Adjutant General School command sergeant major, has spearheaded a program with an on-post college to offer AG School instructors professional public speaking courses.

"The media, during the initial periods of Operation Iraqi Freedom and Operation Enduring Freedom, did not do a very good job in reporting the good news," Blackmon said. "This caused many leaders and Soldiers to stay clear of the cameras for mistrust of what they say might be misinterpreted or misprinted."

"I don't believe Soldiers should look for

the spotlight but they must be prepared to perform when in it," he said. "By learning how to become a dynamic speaker in public, Soldiers will increase their self-confidence and become more comfortable around others, including strangers. The sergeant major of the Army has charged all leaders and Soldiers to be active ambassadors for the Army by telling 'the Army's Story' wherever we go, on and off duty."

In addition to speaking effectively with the media, the program can benefit a Soldier's career.

"Soldiers turn down opportunities to participate in the Hometown Recruiting Assistance Program, speak at public events in their hometown or appear before a promotion board panel because they lack the confidence to speak publicly," Blackmon said. "Some Soldiers even steer away from volunteering to serve in special duty assignment for fear of public speaking."

"Public speaking is by nature important because it's a primary and powerful avenue to give of yourself and share with others, thus benefiting all in a profitable way," he said.

The program is especially useful, Blackmon said, because many Soldiers do not have the opportunity to attend the Instructors Training Course until they have achieved the rank of staff sergeant and many never get this type of training.

"We are in a period of transformation and growing the Army to sustain itself," he said. "A public speaking course will help Soldiers to redefine their everyday verbal and non-verbal communication skills, to vocalize their message and to get their points across."

For more information about the program or to register for the course, call 1-800-950-1908.

Chris.Rasmussen@us.army.mil

Fort Jackson NCO, Soldier of the Year named



Photo by Chris Rasmussen

Col. Kevin Shwedo, deputy commanding officer, recognized Staff Sgt. Brian Winters, 120th Adjutant General Battalion (Reception) chaplain’s assistant, as Fort Jackson’s NCO of the Year during a ceremony May 1 at the Joe E. Mann Center. Spc. Janelle Fontela, right, 282nd Army Band, was named Soldier of the Year. Winters and Fontela are competing this week in the Army Accessions Command NCO/SOY Competition at Fort Jackson.

AFD (continued from Page 1)

concert and a formal Joint-Service Opening Ceremony at 11:30 a.m. The ceremony will feature a mass swearing in of Soldiers and a presentation of the U.S. flag by the Green Beret Parachute Team.

The Celebrate Freedom Foundation Air Show runs 12:45-3 p.m. at Hilton Field and will feature numerous military aircraft flyovers, precision formation flying and aerobatics.

Admission is free and there are no charges for parking or seating. Last year, an estimated 15,000 spectators attended the events, which included the inaugural air show.

“The general public had a positive and enjoyable experience, became more knowledgeable about Fort Jackson’s mission and had the opportunity to honor all armed forces personnel,” said Brig. Gen. James H. Schwitters, Fort Jackson commanding general.

President Harry S. Truman led the effort to establish a single holiday for citizens to come together and thank our military members for their patriotic service in support of our country. On Aug. 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days.

The single-day celebration stemmed from the unification of the armed forces into one department — the Department of Defense. Each of the military leagues and orders were asked to drop sponsorship of its specific service day to celebrate the newly announced Armed Forces Day. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day, but supports Armed Forces Day, too.

Please see the special Armed Forces Day insert included in this week’s and next week’s issue of the *Leader*, for more information.

Chris.Rasmussen@us.army.mil

Spring into action with your spending plan

Christina Clark
ACS Financial Readiness Program

Statistics indicate that most Americans overspend.

Spending is behind the massive accumulation of debt, both short and long term, among working couples, and it is keeping people from saving more for the future.

Now that tax returns have been filed, tax refunds are being received and the tax stimulus checks are on the way, there is an opportunity to use that money to enhance your financial situation.

When you build a house, you create a plan or blue print. The same is true for building and maintaining your financial house.

Do you have a financial blue print or spending plan? Whether you are creating a plan or updating your current one, there are a few areas on which to focus.

Organize your paperwork. Decide what paperwork is important to keep. This should include tax records and all paperwork involving major purchases.

You may want to keep other records, depending on your individual needs. Designate a family member to be responsible for paying bills and organizing the financial documents; then set aside a place in your home where you can store and manage your paperwork.

Look at your credit picture. What do creditors see when they look at a credit report? Did you know that credit scores determine what interest rates are for credit cards and loans? Understand the cost of credit. You may be throwing dollars away unnecessarily because of excessive interest rates. Get a free copy of your credit report at www.annualcreditreport.com. Dispute any errors in the report.

Set goals and write them down. They should be specific, measurable, achievable, rewarding and trackable (SMART). You will also need to determine whether goals are short-, medium- or long-term, as this will help determine priorities for spending and saving. Assess where you are in reaching your goals and make adjustments to savings and spending accordingly.

Reaching a financial goal will require a commitment to set aside money each month. This means paying yourself first. Set up an emergency reserve of one month’s expenses and build up to three months expenses. By learning to expect the unexpected, you can keep a minor financial setback from turning into a major financial crisis.

Know where your money goes. Use a spending plan to track income and spending patterns. Remember, this is not about

sacrifice; it is about making sound choices to help you achieve your goals.

By tracking daily expenses, you may find areas where you can reduce spending and increase savings. You will also see how you spend on “wants” and on “needs.” Saving small amounts can add up to extraordinary amounts by taking advantage of the growth of compound interest. By saving \$5 a day with compounded interest, you could end up with \$1 million at the end of 40 years.

The Financial Readiness Program at Army Community Service offers classes that cover all the topics in this article in detail as well as free and confidential individual counseling for financial well-being.

To sign up for a class or for more information, call 751-5256 or visit http://www.fortjacksonmwr.com/acs_fin/index.html.

May Promotions

<u>Name</u>	<u>Rank</u>	<u>Unit</u>	<u>Name</u>	<u>Rank</u>	<u>Unit</u>
Faruqui, Michael	COL	Co. B, Training Support Bn.	Bitz, Randal	SFC	Co. B, 1st Bn., 13th Inf. Reg.
Wagner, Keith	LTC	USA MEDDAC	Branch, William	SFC	Co. D, 3rd Bn., 13th Inf. Reg.
Barna, Charles	MAJ	HHC, 120th AG Bn. (Reception)	Clark, Jason	SFC	USA MEDDAC
Crooks, Michael	1LT	Co. E, 2nd Bn., 39th Inf. Reg.	Stevenson, Dana	SFC	HHC, Training Support Bn.
Sunko, Brittany	1LT	USA MEDDAC	Androyna, Joseph	SSG	Co. B, 171st Inf. Bde.
Custudio, Doris	MSG	USA MEDDAC	Simmons, Erricka	SSG	Co. D, 1st Bn., 61st Inf. Reg.
Larrabee, Toby	MSG	Co. A, Victory Support Bn.	Lefor, Justin	SGT	USA MEDDAC
Stembridge, Andrew	MSG	Co. E, 2nd Bn., 39th Inf. Reg.	Sapp, Samuel	SGT	HQ/Co. A, 2nd Bn., 60th Inf. Reg.
Thompson, Mark	MSG	Co. B, Training Support Bn.	Strungys, Orias	SGT	HQ/Co. A, 1st Bn., 34th Inf. Reg.
Tillman, Janet	MSG	Co. D, 369th AG Bn.	Tafolla, Andrew	SGT	USA MEDDAC

Customer Service Corner

The Community FIRST/Army Family Action Plan is an ongoing process that allows community members to submit issues that cannot be fixed by the Interactive Customer Evaluation system. Issues can be viewed or submitted through Community FIRST/AFAP or new issues submitted through the Customer Management Services Web site.

Submit issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

In the month of April, we asked the Fort Jackson community to submit issues for the third quarter of fiscal year 2008. Community members responded to this challenge and submitted 15 issues. Here are some of the issues submitted:

Issue: Stop sign at Hampton Street and Lee Road.

Scope: There is a stop sign at the intersection of Hampton Street and Lee Road for the right lane only. Driving west on Hampton Street, drivers are required to stop before making the turn onto Lee Road, while drivers continuing toward Hilton Field in the left lane are not required to stop or yield. It is unnecessary to stop or yield when no traffic is coming from either direction. This stop-sign places undue stress on drivers in an already confusing intersection.

Recommendation:

— Assess the situation and make a determination as to whether the stop sign is needed.

Issue: Transportation to Youth Center.

Scope: There currently is no Youth Center in Howie Village or transportation to the Youth Center on Chesnut Road. All youth and middle school children are required to either walk in the

dark/inclement weather or find rides to the Youth Center. Lack of participation by teens in youth programs leads to boredom and sometimes reckless behavior.

Recommendation:

— Child and Youth Services should provide a shuttle at certain times in the afternoon to help youth get to the Youth Center from Howie Village.

Issue: Dedicated space for children's play group.

Scope: The Family Advocacy children's play groups do not have a dedicated space to meet. Currently the play groups for children younger than 4 years old meet at the Child and Youth Services gymnasium. This space is inadequate and unsafe for the ages of the children in the group. The floor is slick and there are bleachers that the children climb. Continued use of this location could lead to injuries.

Recommendation:

— Provide a building for this group that has been approved and designated for play group activities, with a playground, an area for story time, singing and dance, arts and crafts, pretend play and infant crawl areas.

Each issue will be published in the *Fort Jackson Leader* and on the Fort Jackson Customer Management Services Web site once the action has been completed, deemed unattainable or been forwarded beyond Fort Jackson.

Fort Jackson will convene a Retiree/Veteran Focus Group from 8 a.m. to noon, May 20 in the Plans, Analysis and Integration Office. The goal of this focus group is to surface issues pertinent to the retiree and veteran population. Currently, eight to 12 volunteers are needed for this focus group. Those interested in volunteering should call 751-3425.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle



Staff Sgt. Cinnamon T. Chambers
Company B,
3rd Battalion,
34th Infantry
Regiment



Sgt. 1st Class Omri Ibi
Company C,
3rd Battalion,
34th Infantry
Regiment



Staff Sgt. Ivonne I. Rountree
Company D,
3rd Battalion,
34th Infantry
Regiment



Staff Sgt. George Rosa
Company E,
2nd Battalion,
60th Infantry
Regiment

Treat every weapon as if it is loaded.
Handle every weapon with care.
Identify the target before you fire.
Never point the muzzle at anything you don't intend to shoot.
Keep the weapon on safe and your finger off the trigger until you intend to fire.

WEAPONS SAFETY!

U.S. ARMY
ARMY STRONG

own the EDGE
Leading on the Edge
U.S. ARMY COMBAT READINESS CENTER
<https://crc.army.mil>

109

Number of weeks without a motor vehicle fatality at Fort Jackson.



FEATURE

Soldiers experience Mother's Day together

Mike A. Glasch

Leader Staff

Sunday morning, most Soldiers going through Initial Entry Training here will not have the opportunity to wish their mom a happy Mother's Day, but Pfc. Justina Medina will be an exception.

The 19-year-old Trenton, N.J., native gets to see her mom Janet every day. Both are assigned to Company E, 369th Adjutant General Battalion, as they attend Advanced Individual Training to become human resource specialists for the National Guard.

Mother and daughter hold the same rank, were in the same company during Basic Combat Training and even had the same recruiter — Justina's father, Janet's husband.

Donning the uniform was something the mother of four had always thought about. When Justina signed on the dotted line, the 39-year-old Janet finally decided.

"I wanted to join when I was younger, but I started a family first," Janet said. "I was waiting for my youngest (a 13-year-old son) to give me the OK. He wasn't ready to let me go all these years.

"Finally the other kids told him, 'It's time to let Mom do something for herself.' That convinced him and he told me, 'It's time to go.' I waited a couple of months and asked him again and he said, 'Yeah, I'm ready for you to go, I promise.'"

From the physical rigors of BCT to the mental challenges of AIT, the Medinas say going through training together has made their mother/daughter bond grow stronger.

"We've always been close; this just brought us even closer together," Justina said.

"She pushed me through everything. If she wasn't here I would have a harder time."

Janet echoed her daughter's sentiments.

"I couldn't think of a better person to be (here) with me. If she wasn't here I would have really felt sad and lonely," Janet said. "During basic, when she was having a rough day the drill sergeants would allow her to come up to my bay and we could talk about it. We just kept reminding each other to look at the bigger picture."



Photo by Mike A. Glasch

Mother and daughter, Pfc. Janet (left) and Justina Medina, push, lean and encourage each other as they go through Advanced Individual Training together.

Their time together at Fort Jackson has not been all roses. Pitted against each other during pugil training proved to be an adventure — one they joke about now.

"I beat her up," Justina said.

Janet had a slightly different take on the incident.

"We had just gotten started, I turned my head a little and she hit me with a good shot to the head. Caught me off guard," Janet said. "When she cocked me, she cocked me in the back of the head. I turned around and said, 'What are you doing?' Then she started crying. She felt hurt. Then I felt hurt because she felt hurt about it."

"I thought I was being disrespectful," Justina said. "I thought to myself, I hit my mom, I couldn't believe it. I would never do it again."

Janet hopes that her go-getter attitude rubs off on the Soldiers around her who are young enough to be her sons and daughters — the way it has on her real daughter and battle buddy.

"I've always taught my kids by example," she said. "It doesn't matter your age. No matter what way your life goes, you can still be somebody, you can still go for your goals."

Michael.A.Glasch@us.army.mil

MARKING TIME

Medal of Honor recognition long overdue



Photo Courtesy of South Carolina Military Museum

This image of Cpl. Freddie Stowers was generated by Army forensics from photos of his mother and sisters.

Ashley Henry
Public Affairs Intern

Only 33 South Carolina Soldiers have been awarded the Medal of Honor. Only two of them are African American.

Seventy-three years after his death, Cpl. Freddie Stowers was awarded the Medal of Honor for his valor during World War I. He is the only African American to receive this honor for service during this war.

“It’s been said that the ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands at times of challenge,” said President George H.W. Bush at the posthumous presentation of the Medal of Honor. “On Sept. 28, 1918, Cpl. Freddie Stowers stood poised on the edge of such a challenge and summoned his mettle and his courage.”

Stowers’ military career began here, at Fort Jackson, where he joined the First Provisional Infantry Regiment (Colored) on Oct. 4, 1917. He was born and raised in Sandy Springs, S.C., and was part of the first military draft of World War I.

According to his Medal of Honor citation, on Sept. 28, 1918, while serving as squad leader of Company C, 371st Infantry Regiment, 93rd Division, Stowers went above and beyond the call of duty when his company led the attack at Hill 188,

Champagne Marne Sector, France.

Shortly after the attack began, the enemy came out of the trenches leading Stowers and his company to believe they were surrendering. However, soon after the American forces came out of their trenches, the enemy resumed fire.

Stowers led his company to the enemy trench line to take out a machine gun post which was causing a majority of the casualties.

As Stowers and his men moved forward he was mortally wounded. He continued to go on with his company and encouraged his men to go forward without him.

The members of Stowers’ squad pressed on, motivated by his heroism, they continued the attack; leading to the capture of Hill 188.

Stowers’ commanding officer recommended him for the Medal of Honor after his death, but the paperwork was misplaced. It was April 24, 1991, when Bush presented Stowers’ Medal of Honor to his two sisters, Georgiana Palmer and Mary Bowens.

“Today, as we pay tribute to this great Soldier, our thoughts continue to be with the men and women of all our wars who valiantly carried the banner of freedom into battle,” Bush said. “They, too, know America would not be the land of the free, if it were not also the home of the brave.”

Have a historical tidbit to share?

The *Leader* is seeking historical stories and photos to use in its weekly Marking Time section. Retirees, veterans and community members with an interesting fact, story, photo, artifact, etc. pertaining to Fort Jackson should e-mail fjleader@conus.army.mil.

NEWS

Volunteers honored for their hard work

*Fort Jackson
community thanks
volunteers for all
they do to help
those who work
and live here*

**Photos by
Ashley Henry
Public Affairs Intern**



Volunteer of the Year awards are presented to a volunteer in each category. The winners for 2008 are (starting from second from left) Amy Faruqui (family/civilian), 1st Sgt. Renee Harvey (active duty), Sgt. 1st Class Annette Balaguer (retiree), and Kelsey Judy (youth). Command Sgt. Maj. Brian Carlson, Fort Jackson command sergeant major, left; Brig. Gen. James H. Schwitters, Fort Jackson commanding general, back middle; and his wife, Rebecca Schwitters, back right, presented the awards during a ceremony Monday at the Joe E. Mann Center.



New members are inducted into the Volunteer Hall of Fame during the Volunteer Recognition Ceremony held Monday at the Joe E. Mann Center. The 2008 inductees are (not in order): Charline M. Brandt, Jose Cordova, Tonja Evans, Sgt. 1st Class Michael McGee, Kelli Pierce, Phyllis Sheehan, Tonya Winters and Deborah Yackley. Schwitters and his wife are in the back.



Volunteers with Family Readiness Groups are recognized for all their hard work during the Volunteer Recognition Ceremony held Monday at the Joe E. Mann Center. Volunteers from several organizations across the post were recognized including: the Red Cross, the Thrift Shop, the housing mayors, the Enlisted Spouses Association, post schools and chapels, and the Boy Scouts and Girl Scouts. Schwitters, Mrs. Schwitters and Carlson are in the back.

Measures proposed to destigmatize PTSD

Donna Miles

American Forces Press Service

WASHINGTON, — With growing recognition of the toll Post-Traumatic Stress Disorder has taken on U.S. forces, Defense Secretary Robert M. Gates said the Defense Department may consider awarding Purple Heart medals to combat veterans afflicted with it.

“It’s an interesting idea,” Gates said when asked about the concept Friday at Red River Army Depot, Texas. “I think it is clearly something that needs to be looked at.”

Gates’ comment followed his visit the previous day to Fort Bliss, Texas, where he toured the post’s Recovery and Resilience Center, which is using a holistic approach to treating troops with PTSD.

John E. Fortunato, who conceived and runs the center, told reporters that awarding the Purple Heart to PTSD sufferers would go a long way toward chipping away at prejudices surrounding the disease. Because PTSD affects structures in the brain, it’s a physical disorder, “no different from shrapnel,” Fortunato said. “This is an injury.”

The Army classifies PTSD as an illness, not an injury, so troops with PTSD do not qualify for the Purple Heart.

That distinction is limited to troops killed or physically

wounded in a conflict.

“I would love to see that changed, because these guys have paid at least as high a price, some of them, as anybody with a traumatic brain injury, as anybody with a shrapnel wound,” Fortunato said.

Not recognizing those with PTSD with a Purple Heart “says that this is the wound that isn’t worthy,” Fortunato said. “And it is.”

Fortunato said he would also like to see a regulation prohibiting harassment of troops with PTSD, similar to regulations banning racial or sexual harassment.

“Until there are sanctions that make a superior pay a price for harassing a Soldier with mental health problems, I don’t know that it will change that much.”

Soldiers still get laughed at for seeking mental-health services or told that it will ruin their careers, he said. Some in the force view people with PTSD as weak, believing that if those with the disease “just sucked it up and soldiered on, (they would) get over this,” Fortunato said.

“The Army is making a lot of strides toward changing that, but it’s a slow go, because it has to happen at the grass-roots level,” he said. “Like any other prejudice, it’s hard to die.”

During his visit to Fort Bliss, Gates announced a new policy in which combat veterans no longer have to acknowledge on their federal security clearance forms that they have received mental-health care for combat stress.

Gates said he hoped the policy would eliminate troops’ concerns that seeking mental-health care can cause them to be denied a security clearance and threaten their careers. He also expressed hope it would take the stigma away from seeking treatment.

Gates called on senior noncommissioned officers to encourage their Soldiers who need it to get care, and to let them know that doing so is a sign of strength, not weakness.

“All of you have a special role in encouraging troops to seek help for the unseen scars of war — to let them know that doing so is a sign of strength and maturity,” Gates told Soldiers attending the Army Sergeants Major Academy, at Fort Bliss. “I urge you all to talk with those below you to find out where we can continue to improve.

“Those who have sacrificed for our nation deserve the best care they can get,” he continued. “As I have said before, there is no higher priority for the Department of Defense, after the war itself, than caring for our wounded warriors.”

Commissaries take benefits to Guardsmen, Reserves

Margaret McKenzie

American Forces Press Service

WASHINGTON, — The Defense Commissary Agency is taking the commissary benefit to National Guard and Reserve members and their families living in remote areas.

“The 2004 National Defense Authorization Act authorized full commissary benefits for members of the Ready Reserve,” Richard Page, acting DeCA director, said. “Through our new ‘Bringing the Benefit to You’ campaign, we are reaching out to our Guard and Reserve members who have earned the commissary benefit, but who cannot easily travel to a local commissary to shop on a regular basis.”

The campaign involves conducting on-site sales out of warehouses, aircraft hangars, armories, tents in parking lots and even the back ends of semi-trailers at remote locations where reserve-component service members and their families do not have access to a commissary.

This is part of the Army’s reinforced commitment to provide support to military members and their families through the Army Family Covenant. A core military family-support element and a valued part of military pay and benefits, commissaries contribute to readiness and enhance the quality of life for America’s military and their families, officials said.

“While the focus is on Guard and Reserve, the on-site sales are a boon to all authorized shoppers living near them,” Page said. “The Guard and Reserve members have earned this benefit, and we want to make sure that we are delivering the benefit to them.”

More than 55 percent of Reserve-component service members do not live in what



Photo by Margaret McKenzie

Guard and Reserve members and their families shop at a case-lot sale held in Charlotte, N.C., April 3-6.

is considered the immediate area of a commissary.

“This is just part of a larger picture,” Page continued. “Back in the fall, when I became the acting director of DeCA, I had several priorities, one of which was to make sure that we were doing our very best for the Guard and Reserve members not located near a commissary.”

Page said the commissary agency is exploring ways to increase the frequency of the on-site sales and locations by looking at demographic areas that are heavily populated with the Guard and Reserve members.

“It depends on the size and the demographics of the area,” Page said. He cited Fort Jackson, being the closest commissary to the Charlotte, N.C., area as an example. The fort is about 1.5 hours from Charlotte.

Military members from all branches of the service, including retirees, flocked to the 145th Air National Guard Wing hangar in Charlotte recently for a case-lot sale, the first of its kind in the area.

“There is a large population of military members in this area that do not have access to a commissary, so I will estimate doing this quarterly and try to tie it in with the drill training weekends so that it will be beneficial for the Soldiers and we can get maximum exposure,” Page said.

DeCA dietitian Army Maj. Karen Fauber was also on hand with information about the agency’s newest health and wellness initiatives.

“We partner with TRICARE on this initiative,” Fauber said.

“I love this case-lot sale,” said Clinton R.

Douglas, a former Marine. “My wife and I were here three days ago, and we are back here again today.”

He noted that the couple could get everything there that they could get at the leading large-lot retail store, “only here we can get it at a cheaper rate and no sales tax, and everybody treats you nice, and that’s one thing I love about it.”

Air Force Tech Sgt. Marvin Williams was equally excited about the case-lot sale.

“I have lived in Rock Hill, S.C., since 1990,” he said. “The closest commissary is about an hour and a half from me. Most people in this area have to travel an hour and a half to two hours to get to Fort Jackson to shop. It is a good opportunity for me, and I look forward to hopefully having more opportunities like this one.”

Phillip E. Sakowitz Jr., executive director of the U.S. Army Installation Management Command, who has been selected to be the next DeCA director is also excited. “It is all associated with helping Soldiers and families,” he said.

Leslye A. Arsht, deputy undersecretary of defense for military community and family policy, said the Charlotte event marked her first case-lot sale.

“It is everything I had hoped it to be, and it has great crowds, even though the weather isn’t great,” she said. “People are coming; some are coming even more than once. They are seeing lots of great bargains, and we are really feeling like this was an important step in supporting a quality of life for the Guard and Reserve and the rest of the folks who are eligible and who live in the area.”

Editor’s Note: Margaret McKenzie works at the U.S. Army Family and Morale, Welfare and Recreation Command Public Affairs Office.

Army Family Covenant Update

'American Girls,' reading bug arrive at library

Theresa O'Hagan

Morale, Welfare and Recreation

As part of the Army Family Covenant, Thomas Lee Hall Library has added and expanded programs and hired a children's librarian to better serve the needs of Army families.

Julie Miller, the new children's librarian, encourages all children to "Catch the Reading Bug" this summer.

Miller is putting together a summer reading program for youngsters, which will include prizes for reading, guest readers, an appearance by the "reading bug" herself and many other surprises. Miller plans to start the program in June.

"American Girl" Kitt Kittredge has arrived at the post library. The book tells the story of Kitt Kittredge, a resourceful young girl growing up in Cincinnati, Ohio, in

the early 1930s.

The "Kit Kittredge: An American Girl" library promotion will run through June 30. There will be both a local promotion and drawing at the library as well as an online grand prize contest.

One set of "Kit Kittredge: An American Girl" books will be awarded at each participating location. The library is also planning to give away an "American Girls" doll at the end of the promotion.

During the months of May and June, Army library patrons 6-16 years old will receive and may submit one entry form each time they visit the library and check out books (limit of one per day). The child must submit the entry form in person.

The grand prize, an "American Girl" shopping spree, will be awarded in a random online drawing on or about

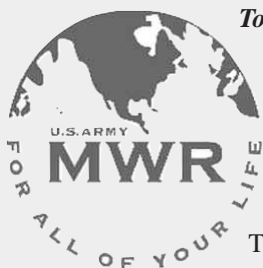
July 11 at www.ArmyMWR.com. Patrons may come to the library to learn how to enter this promotion.

As part of the Kitt Kittredge promotion, several activities are planned such as a "parent and child tea" to be held in June. There will be a prize awarded for the best owner-doll look-a-like. All children are encouraged to bring their favorite doll to the tea.

At the Army Birthday Celebration at Patriots Park June 14, Child and Youth Services will include "old-timey games" such as those Kitt and other "American Girls" may have played, like three-legged, sack and egg races to their child and family activities.

Also in June, the Post Library will be celebrating the anniversary of NASA. The library plans to have a University of South Carolina professor of astronomy speak to youngsters about space, rockets and NASA.

For more information, call 751-5589.



Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club.

The buffet is open to everyone.

Visit **Century Lanes** for food, fun and bowling.

Magraders Pub is open for lunch.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$3 for military and \$5 for civilians.

Come out for **70s Disco Night** at Magraders Club.

Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.

Every Saturday is **Latin Night** at Magraders Club.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

Sunday

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Family Day at the Youth Center will be held 2-6 p.m.

Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Come out for **free lessons on the range** at the Fort Jackson Golf Club.

Ongoing Offers

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.

- The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. The Army makes no profit, but funds the difference in what is paid and the actual cost of child care. For more information, call 751-4865.

SKIES Music students perform

Jennifer Meyer

Morale, Welfare and Recreation

Shakespeare wrote, "If music be the food of love, play on." — words taken to heart by the music students of the Schools of Knowledge, Inspiration, Exploration and Skills Unlimited.

Last week, the SKIES Unlimited piano and voice students shared their love for music with the Columbia community.

The SKIES Unlimited private piano, voice and ballet students made their biannual visit to the Dorn Medical Center Friday.

They performed for the long-term care patients, sharing their talents and time with the veterans.

These visits from Fort Jackson students are a special treat for the veterans, who enjoy seeing and hearing the military youth. The visits, however, are even more special to the students who gain an opportunity to perform while connecting to and showing their appreciation for veterans.

SKIES Unlimited voice students led the audience at the South Carolina State Museum Military Tribute Day Saturday in the singing of the national anthem.

This special event was created to recognize the men and women of the armed services as well as those who support them. The SKIES singers proudly represented Fort Jackson's military youth.

Performances such as these provide an opportunity for SKIES Unlimited musicians to share their talents and art with the community, and most importantly, to grow as performers and people.

As many as 90 percent of Americans feel stage fright when publicly performing, whether it be public speaking or another public display. The amount of courage it takes to perform in front of people is tremendous. With each positive performance experience, self-confidence is gained, making the next performance that much easier.



Photo by Jennifer Meyer

SKIES students like Jazmine Loayza, 12, performed in Columbia last week.

The self-confidence gained from performing can be applied outside of the performing arts as well, in areas like school, sports and work. Studying music also encourages self discipline, a trait that promotes effective work and study habits.

Joseph Cotto, 15, SKIES Unlimited piano student, said, "I like the challenge of learning new and difficult music, and then showing others what I have learned."

In addition, multiple academic tests have shown music students to score, on average, higher than non-music students.

The Fort Jackson music and dance students still have one performance left this season. They will be holding their annual spring recital in the Main Post Chapel sanctuary 5 p.m., Friday. A reception will be held in the Main Post Chapel activity room immediately following the performance. The performance is free and open to the public.

For more information on SKIES Unlimited music lessons, call 751-6777 or visit <http://fortjacksonmwr.com/skies/>.

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COMMUNITY HIGHLIGHTS

Homes needed



Photos by Susanne Kappler

This 2-year-old male Saint Bernard and 2-year-old female black and white cat at the Fort Jackson Veterinary Clinic need a home. For information on adoption, call 751-7160.

This Week

Personal Financial Readiness

A class on personal financial readiness will be held 8:30-10:30 a.m., today at the Education Center, Room B302. For more information and to register, call 751-5256/6325.

Car Wash

Better Opportunities for Single Soldiers will hold a car wash, from 9 a.m. to 4 p.m., Friday across the street from the Welcome Center. For information, call 751-1148.

Family Child Care Orientation Training

Fort Jackson needs Family Child Care Providers. The next Family Child Care Orientation Training will be from 8 a.m. to 4 p.m., Monday-Thursday at the Joe E. Mann Community Center. Military spouses who are living in government quarters and DSS-registered off-post child care providers may apply to become certified to provide child care to military families.

The application deadline is today. For more information, call 751-6234.

Baby Basics/Baby Bundle/Dad 101

A Baby Basics/Baby Bundle/Dad 101 meeting will be held from 9 a.m. to 1 p.m., Tuesday at the Joe E. Mann Conference Room. For more information and to register, call 751-5256/6325.

“Green” Furniture Tour (Sustainable Interiors Showcase)

The open house tour for Fort Jackson’s Sustainable Interiors Showcase “environmentally friendly” furniture will be held Tuesday. Two tours are offered. The first is from 11:30 a.m. to 12:30 p.m., and the second is 12:30-1:30 p.m.

The offices are located in the Strom Thurmond Building, Rooms 200, 245 and 246. To schedule a tour or for more information, call 799-6502.

Autism Support Group

The Autism Support Group will meet 5:30-7:30 p.m., Tuesday at the Youth Center Dance Room. For more information and to register, call 751-5256/6325.

Employment Readiness Program Orientation

An employment readiness program orientation will be held from 8:30 a.m. to noon, Wednesday at the Education Center, Room B205. The orientation will include information about employment, education and volunteer opportunities. For more information, call 751-6153/5452.

Financial Readiness for First Termers

A class on financial readiness for first-term Soldiers will be held from 8:30 a.m. to 4:30 p.m., Wednesday at the Education Center, Room B302. For more information and to register, call 751-5256/6325.

Parents Who Care (Teens)

A Parents Who Care (Teens) meeting will be held from 10 a.m. to 2 p.m., Wednesday at the Joe E. Mann Conference Room. For more information and to register, call 751-5256/6325.

Retired Officers Wives Club

The Retired Officers’ Wives’ Club will

Honoring 30 years



Photo by Mike A. Glasch

During Victory Rally April 23, Brig. Gen. James H. Schwitters, Fort Jackson commanding general, presents Belinda Bowman, Human Resource Management, a certificate of achievement for 30 years of federal service.

meet 11:30 a.m., Wednesday at the Officers’ Club. Reservations must be made by noon, Friday. For more information, call 699-1768 or 788-5084.

Upcoming

Financial Readiness for Initial PCS

A class on financial readiness for Soldiers who PCS for the first time will be held 8:30-10:30 a.m., May 15 at the Education Center, Room B302. For more information and to register, call 751-5356/6325.

ISFAC Meeting

The South Carolina Inter Service Family Assistance Council will hold a meeting from 9:30 a.m. to noon, May 15 at the American Legion, 200 Pickens St. For more information, call 751-7477 or e-mail Ismael.Medinal@us.army.mil.

Meritorious Service



Photo by Photo by Mike A. Glasch

During Victory Rally April 23, Brig. Gen. James H. Schwitters, Fort Jackson commanding general, presents Maj. Christopher Quale, Directorate of Plans, Training, Mobilization and Security, the Meritorious Service Medal.

Flamingo Women’s Support Group

The Flamingo women’s support group will meet from 11 a.m. to 1 p.m., May 15 at the Joe E. Mann Conference Room. For more information, call 751-5256/6325.

FRG Forum

The Family Readiness Group Forum will be held 1-3:30 p.m., May 15 at the Joe E. Mann Ballroom. For more information and to register, call 751-5256/6325.

Armed Forces Day Army Fitness Challenge

A fitness challenge will be held as part of Armed Forces Day 8:30 a.m., May 17 at the Hilton Field Sports Complex. The event is open to the public, but teams must register by Wednesday. For more information, call 751-3096/7146.

Commissary Awareness

Better Opportunities for Single Soldiers will hold a commissary awareness event, 7:30 a.m., May 19 at the commissary. For more information, call 751-1148.

WorkKeys Assessment

A WorkKeys Assessment test will be given from 9 a.m. to noon, May 20. The test enhances a resume and demonstrates skill potential to employers.

The assessment costs \$30, and cash only will be accepted on the day of testing. Candidates must preregister by calling 751-5452/6153.

Parents Who Care (Early Childhood)

A Parents Who Care (Early Childhood)

*Can't get your Leader this week?
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Readers can subscribe to the Leader for \$25 a year, which pays for third class postage. To subscribe, mail the payment and the mailing address to:

Camden Media Company
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Camden, South Carolina 29020

COMMUNITY HIGHLIGHTS

meeting will be held from 10 a.m. to 2 p.m., May 20 at the Joe E. Mann Conference Room. For more information and to register, call 751-5256/6325.

EFMP Support Group

The Exceptional Family Member Program support group will meet 6-8 p.m., May 20 at the Youth Center Dance Room. For more information and to register, call 751-5256/6325.

Overcoming Employment Obstacles

A seminar on how to overcome employment obstacles will be held from 9 a.m. to noon, May 21 at the Education Center, Room B205. Free child care is available for children of junior enlisted Soldiers. For more information and to register, call 751-5452/6153.

Child Abuse Awareness Class

A child abuse awareness class will be held from noon to 2 p.m., May 21 at the Main Post Chapel. For more information and to register, call 751-5256/6325.

Reassignment Briefing

A reassignment briefing will be held 1:30 p.m., May 21 at the Strom Thurmond Building, Room 213. The Phase II briefing (for overseas assignments only) will be held immediately following the Phase I briefing and is mandatory for all Soldiers scheduled to PCS overseas. For more information, call 751-5578.

Phase II Levy Briefing

A Phase II Levy Briefing will be held 2:30-3 p.m., May 21 at the Strom Thurmond Building, Room 213. For more information and to register, call 751-5256/6325.

AG Corps Regimental Ball

Tickets for the Adjutant General Corps Regimental Ball are now on sale. The tickets cost \$25 for E7 and above, \$20 for E5 and E6, and \$10 for E4 and below. The ball will begin at 6 p.m., June 6 at the NCO Club. Attire is dress blues or dress greens for military and formal wear for civilians. Child care is available upon request. To RSVP or for more information, see a unit representative or call 751-5073 or e-mail AG_Ball@jackson.army.mil.

Announcements

BOSS Memorial Day Trip

Better Opportunities for Single Soldiers will offer a trip to Daytona Beach May 24-27. For more information, call 751-1148, 706-2260 or 806-2607.

Army Birthday Ball

The 2008 Army Birthday Ball will be held June 14 at the Washington D.C. Convention Center. All Army members, family members, Department of the Army civilians, retirees and veterans are invited. For information, visit <https://www.us.army.mil/suite/page/137983>.

Car Club

A club for owners of antique vehicles at least 30 years old will hold its first meeting from 10 a.m. to 1 p.m., May 15 at Twin Lakes. Owners are encouraged to bring their old-time cars. For more information, call 462-1497 (6-8:30 p.m.).

Freedom Alliance Offers Scholarships

The Freedom Alliance Scholarship Fund application period is now open. Scholarships are available to dependents of troops killed or permanently disabled in an operational mission or training accident.

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

Seabees meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300 for more information.

Veterans of Foreign Wars meet at 7:30 p.m., the

second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005ff@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room www.jackson.army.mil/360/SA_MC/home.htm.

Weight Loss Surgery Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

Disabled American Veterans meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

"Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail sec@ffvictoryriders.com.

Society of American Military Engineers meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

Diabetes Support Group meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

MEDPROS training will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail Jaclynne.Smith@amedd.army.mil.

Retired Enlisted Association meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail jrodgers11@sc.rr.com.

U.S. Navy Sea Cadets, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@jackson.army.mil.

The application deadline is July 18. For more information, call (800) 475-6620 or visit www.fascholarship.com.

ChildFind Early Childhood Screenings

Parents who live on post and have concerns about their child's development regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services. For more information or to

schedule a screening, call 782-1772.

AUSA Offers Scholarships

The Fort Jackson — Palmetto Chapter of the Association of the United States Army offers \$500 merit-based scholarships. Scholarships are available to dependents of members of the Fort Jackson — Palmetto Chapter of the AUSA. The recipients will be announced in May. For more information, e-mail c3601@ausa.org.

Fort Ja



Staff Sgt. Clint Campbell, Company C, Task Force Marshall, prepares to perform an IV saline lock on Staff Sgt. Nicole Simonson April 29 during the 2008 Fort Jackson Drill Sergeant of the Year Competition. The grader is Staff Sgt. Brian Lewis, a medic assigned to the 193rd Infantry Brigade.



From left, Staff Sgt. Warren Jones, Company A, 3rd Battalion, 60th Infantry Regiment, Staff Sgt. Herbert Thompson, Drill Sergeant School, and Sgt. 1st Class Ryan Wheele, Co. A, 1st Bn., 34th Inf. Reg., load up and prepare to embark on an urban orienteering course during the 2008 Fort Jackson Drill Sergeant of the Year Competition.



Staff Sgt. Herbert Thompson, Drill Sergeant School, adjusts his weapon April 28 at Range 10 before the rifle marksmanship portion of the 2008 Fort Jackson Drill Sergeant of the Year Competition.



Staff Sgt. Clint Campbell, Company C, Task Force Marshall, navigating the urban orienteering portion of the 2008 Fort Jackson Drill Sergeant of the Year Competition.

Fort Jackson's best compete for DSoY



Photos by Chris Rasmussen

any C, Task Force Marshall, reviews a map of the installation April 29 before beginning of the 2008 Fort Jackson Drill Sergeant of the Year Competition.

Chris Rasmussen Leader Staff

Four of Fort Jackson's top drill sergeants went head-to-head last week in a competition that culminated with a grueling urban orienteering course.

The three-day Drill Sergeant of the Year Competition, held April 28-30, pitted representatives from each training brigade and the Drill Sergeant School.

Following an Army Physical Fitness Test, a mystery event of answering questions from a news reporter, rifle marksmanship and day and night land navigation, the drill sergeants were sent on an urban orienteering course spread out across the installation. Dressed in full battle gear, they were given a list of six map coordinates with a warrior task to complete at each stop.

"The toughest portion of the competition was the urban orienteering course," said Sgt. 1st Class Ryan Wheele, Company A, 1st Battalion, 34th Infantry Regiment. "It was physically tough because of the load we had to carry, and it was during the heat of the day."

Warrior tasks included performing an IV saline lock, disassembling and assembling an M-240B machine gun, call for fire, Class A inspection, maintaining an M-2 50 caliber and ACU inspection.

"We had to walk about 10 miles with full ruck sack, IBA with plates and weapon," said Staff Sgt. Warren Jones, Company A, 3rd Battalion, 60th Infantry Regiment. "The toughest part mentally was not knowing what

the next event was."

The competition was capped off with an appearance before a board of command sergeants major.

"It taught me to know every aspect of my job. For a lot of the board questions I had an idea of what they were talking about, but not specifics," Jones said.

The other two participants were Staff Sgt. Clint Campbell, Company C, Task Force Marshall, and Staff Sgt. Herbert Thompson, Drill Sergeant School.

An awards ceremony to announce and recognize the winner and runner-up is slated for 3 p.m. May 19 at the Joe E. Mann Center.

The winner of the competition will serve as a liaison between drill sergeants and the installation's command group. The drill sergeant will also advise post commanders and command sergeants major on all areas pertaining to drill sergeants and Basic Combat Training Soldiers. DSoY also communicates daily with U.S. Army Training and Doctrine Command on Basic Combat Training policy issues that affect Fort Jackson and serves as a mentor to the more than 800 drill sergeants on the installation.

The winner of this year's competition will also represent Fort Jackson during the TRADOC DSoY competition in June. In the event the Fort Jackson drill sergeant wins the TRADOC event, he will have a permanent change of station to Fort Monroe, Va., and the runner-up will serve as the Fort Jackson DSoY.

Chris.Rasmussen@us.army.mil



Sgt. 1st Class Ryan Wheele, Company A, 1st Battalion, 34th Infantry Regiment, locks in the stock of an M240B machine gun April 29 during the 2008 Fort Jackson Drill Sergeant of the Year Competition

HEALTH

Sleep disorders should be taken seriously

Centers for Disease Control and Prevention

Sleep-related difficulties affect many people. It may be important for those experiencing the symptoms of a sleep disorder to receive an evaluation by a health care provider or, if necessary, a provider specializing in sleep medicine.

Insomnia

Insomnia is characterized by an inability to initiate or maintain sleep. It may also take the form of early morning awakening, in which the person awakens several hours early and is unable to resume sleeping.

Difficulty initiating or maintaining sleep may often manifest itself as excessive daytime sleepiness, which characteristically results in functional impairment throughout the day.

Before arriving at a diagnosis of primary insomnia, the health care provider will rule out other potential causes, such as other sleep disorders, side effects of medications, substance abuse, depression or another previously undetected illness.

Chronic psychophysiological insomnia (“learned” or “conditioned” insomnia) may result from a stressor combined with fear of being unable to sleep.

People with this condition may sleep better when not in their own beds.

Health care providers may treat chronic insomnia by prescribing sedative-hypnotic or sedating antidepressant medications, along with implementing behavioral techniques to promote regular sleep.

Narcolepsy

Excessive daytime sleepiness (including episodes of irresistible sleepiness) combined with sudden muscle weakness are the hallmark signs of narcolepsy.

The sudden muscle weakness seen in narcolepsy may be elicited by strong emotion or surprise.

Episodes of narcolepsy have been described as “sleep attacks” and may occur in unusual circumstances, such as walking and other forms of physical activity.

A health care provider may treat narcolepsy with stimulant medications com-

bined with behavioral interventions, such as regularly scheduled naps, to minimize the potential disruptiveness of narcolepsy on the patient’s life.

Restless Legs Syndrome

RLS is characterized by an unpleasant “creeping” sensation. The sensation feels like it originates in the lower legs and is associated with aches and pains throughout the legs.

This often causes difficulty initiating sleep and is relieved by movement of the legs, such as walking or kicking.

Abnormalities in the neurotransmitter dopamine have been associated with RLS. Health care providers may combine a medication to help correct the underlying dopamine abnormality and a medicine to promote sleep continuity in the treatment of RLS.

Sleep Apnea

Snoring may be more than just an annoying habit — it may be a sign of sleep apnea. People with sleep apnea character-

istically make periodic gasping or “snorting” noises, during which their sleep is momentarily interrupted.

Those with sleep apnea may also experience excessive daytime sleepiness, as their sleep is commonly interrupted and may not feel restorative.

Treatment of sleep apnea is dependent on its cause.

If other medical problems are present, such as congestive heart failure or nasal obstruction, sleep apnea may resolve with treatment of these conditions.

Gentle air pressure administered during sleep (typically in the form of a nasal continuous positive airway pressure device) may also be effective in the treatment of sleep apnea.

As interruption of regular breathing or obstruction of the airway of the individual during sleep can pose serious complications for the health of the individual; symptoms of sleep apnea should be taken seriously.

For more information ,visit www.cdc.gov/sleep/disorders.htm.

New autism project gives access to ABA

TRICARE Management Activity

The Department of Defense and TRICARE, the DoD’s health entitlement program for more than 9.2 million beneficiaries, have announced a demonstration project to care for military dependents diagnosed with Autism Spectrum Disorders.

The Enhanced Access to Autism Services Demonstration, which went into effect March 15, allows reimbursement for educational intervention services, such as Applied Behavior Analysis, delivered by paraprofessional providers.

ABA is a systematized process of collecting data on a child’s behaviors and using a variety of behavioral conditioning techniques to teach and reinforce desired behaviors while extinguishing harmful or undesired behaviors. Time-limited, focused ABA methods have been shown to improve communication abilities, reduce or eliminate specific problem behaviors and teach new skills to some people with autism.

“We think this demonstration project will address some of the concerns families had — their inability to locate authorized ABA providers. However, we will only be successful if providers come forward to support our uniformed service families,” said Army Maj. Gen. Elder Granger, TRICARE Management Activity.

TRICARE is in need of ABA professionals, or supervisors, and paraprofessionals, or tutors, to provide services that will enhance the effectiveness of academic instruction and provide training in life skills (language, communication, self help, activities of daily living, etc.)

DoD has been a leader in providing coverage for health and special education services for children with

autism. TRICARE is one of a few health plans providing coverage for special education services.

In recent years, the per month special-needs benefit for qualifying family members under TRICARE’s Extended Care Health Option was increased from \$1,000 to \$2,500; however, TRICARE beneficiaries still find it difficult to obtain services from authorized ABA providers.

TRICARE authorized providers are currently limited to those recognized by the Behavior Analyst Certification Board. However, the professionalization of the field remains in its infancy and the number of BACB-certified behavior analysts is limited.

These certified professionals are for the most part providing behavior analysis evaluation and intervention planning services rather than the one-on-one technical intervention that is the actual tool effecting behavior change in autistic children.

This new field has yet to define the provider class that delivers the one-on-one technical services to children. ABA tutors will increasingly be asked to provide services to the many children being diagnosed with ASD.

“It is our intent that the provider qualifications set forth for the demonstration be in place only as a temporary bridge until national standards are established by an appropriate nationally-recognized certifying body for ABA providers,” Granger said. “In the meantime, as a health care provider, we must take action on behalf of the children of our service men and women by allowing trained, supervised paraprofessionals to provide hands-on intervention services.”

For more information on Military Health care Services, visit www.health.mil.

Did you know?

- The palms of the hands and soles of the feet contain more sweat glands than other parts of the body.
- Only 4 percent of the brain’s cells work; the remaining cells are kept in reserve.
- On an average, people speak about 5,000 words a day.

Helpful Information

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273).

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

FIRST RESPONDER

CHAPEL



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber
Director, Emergency Services/Provost Marshal

Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major

Billy Forrester
Fire Chief

Cases of the Week

A Soldier was charged with disorderly conduct after being arrested in a traffic stop. The Soldier was stopped for driving in a physical training zone. He became argumentative and made insulting comments, Military Police said. The Soldier refused to cooperate until a unit representative was present.

A Soldier’s car was towed off post for failure to register and insure the car. MPs

found the car rolling out of control in a parking lot because of defective brakes.

A Soldier was arrested off post for soliciting a prostitute.

Tip of the Week

Fort Jackson is governed by specific laws, regulations and policies. We understand it is impossible for everyone to know every policy, rule and regulation.

Military Police officers and Department of the Army police officers are trained in these laws and regulations. It is their duty and responsibility to uphold installation policies and regulations set forth by the commanding general and to uphold those state and federal laws governing the installation.

When someone is caught violating the law, it is at the officer’s discretion whether to cite the violator for the infraction or to give a warning ticket or a ticket with a fine. Warning tickets are an exception, not a rule.



Traffic enforcement

Posted speed limits will be enforced through Sunday on Chesnut Road; May 12-18 on Hampton Parkway; May 19-25 on Boyden Arbor Road; and May 26-June 1 on Lee Road.

FORCE PROTECTION
THOUGHT OF THE WEEK
THINK OPERATIONAL SECURITY



“Loose Lips Sink Ships”

CHAPEL

Give
your heart
to God

Chaplain (Capt.) Kevin Phillips
Training Support Battalion

The house I bought a few years ago has an in-ground sprinkler system for the grass. The previous owner loved green grass.

The system has a submersible pump, which broke and needed to be replaced.

While shopping at a home-improvement store, I discovered a few facts about pumps: They really do not last very long. They may last five, 10 or possibly even 15 years.

The same holds true for the fuel pump or water pump in your car. The man-made equipment on which we rely so heavily does not have an extended life expectancy.

In fact, in the scheme of things five, 10 or 15 years are short. The very best man-made thing comes with a short warranty and short life expectancy.

I made another discovery recently, too. Each day the average heart beats (expands and contracts) 100,000 times and pumps about 2,000 gallons of blood. The average heart works efficiently for 75 or more years.

What a fabulous engineering marvel. Man can only hope to eventually construct something that works as efficiently as that tiny piece of creation.

I am reminded of the beautiful words of David in Psalm 139:14. He said, “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

It was the meticulous care of the creator that designed this piece of equipment to serve our bodies as we serve him.

Occasionally, because of the fallen state of our world, a heart comes along that just doesn’t tick right, but the average heart lasts 75 or more years.

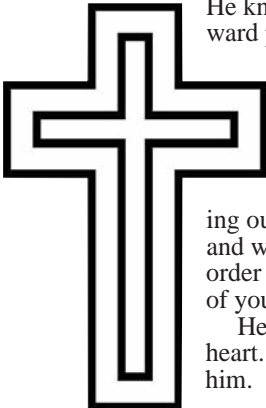
You are important to God and he wants you to know it. He made you for a relationship with him.

Searchers may ask the question: “Is there really a God and did he create this world?” The Bible shouts, “Yes,” and, “He

knows my name ... He knows your inward parts ... He knows your comings and goings.”

The God who created it all is reaching out to know you and wants to bring order into the chaos of your life.

He gave you your heart. Give it back to him.



Worship services

- Protestant**
- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
 - 8 a.m. Bayonet Chapel (Hispanic)
 - 9:00 and 10:30 a.m. Magruder Chapel
 - 9:30 a.m. Main Post Chapel
 - 10:45 a.m. Post-wide Sunday School (Post Chapel)
 - 11 a.m. Daniel Circle Chapel
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next
 - Chaplain School
 - Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women's Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
 - 7 p.m. Daniel Circle Chapel
 - 7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women's Bible Study (PWOC, Post Chapel)
 - 6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
 - 7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)
- PROTESTANT YOUTH OF THE CHAPEL**
- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
 - Wednesday 6:30 p.m. Main Post Chapel

- Lutheran/Episcopalian**
- Sunday 8 a.m. Memorial Chapel

- Islamic**
- Sunday 8-10 a.m. Islamic Studies
 - Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

- Church of Christ**
- Sunday 11:30 a.m. Anderson Chapel

- Catholic**
- M-F 11:30 a.m. Mass (Post Chapel)
 - Sunday 8 a.m. Mass (Solomon Center)
 - 11 a.m. Mass (Main Post Chapel)
 - 9:30 a.m. Mass (120th AG Battalion Chapel)
 - 9:30 a.m. CCD (Education Center)
 - 9:30 a.m. Adult Sunday School
 - 12:30 a.m. Catholic Youth Ministry
 - Wednesday 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adult Inquiry

- Jewish**
- Sunday 9:30-10:30 a.m. Memorial Chapel
 - 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

- Latter Day Saints**
- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216

Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469

Bayonet Chapel — 9476 Kemper St., 751-4542

Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780

Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032

Education Center — 4581 Scales Ave.

Magruder Chapel — 4360 Magruder Ave., 751-3883

120th Rec. Bn. Chapel — 1895 Washington St., 751-5086

Memorial Chapel — 4470 Jackson Blvd., 751-7324

Risky behavior could trigger severe consequences

Sandra Barnes

Army Substance Abuse Program

The National Council on Alcoholism and Drug Dependence has designated May 11-17 as Alcohol and Other Drug Related Birth Defects Awareness Week.

This awareness campaign encourages people to recognize the detrimental effects alcohol can have on families and urges women of child-bearing age to assess their drinking habits.

An unborn baby depends on his or her mother for nourishment. When a pregnant woman drinks alcohol or takes drugs, she risks damaging her unborn child. The good news is that alcohol or drug-related birth defects can be prevented. All pregnant women should avoid alcohol and drugs unless prescribed by a health care provider.

When a woman drinks alcohol, the alcohol enters her blood. The alcohol quickly reaches the fetus through the umbilical cord. It takes the fetus' system a lot longer to clear the alcohol. As a result, the fetus' blood alcohol content can be even higher than the mother's and remain higher longer.

A baby is at risk for many preventable problems if the mother drinks alcohol, including beer and wine, during pregnancy. Babies born to mothers who drink can develop fetal alcohol syndrome. FAS is a cluster of symptoms including malformations of the face and skull, growth retardation either before or after birth, central nervous system problems and mental retardation. It is uncertain how much alcohol it takes to cause FAS, which is one of three leading causes of physical and mental birth defects.

It is unclear how much alcohol at what time during pregnancy causes the range of problems. The NCADD perceives any alcohol consumption during pregnancy as high-risk drinking and supports a clear no-alcohol-use message.

Cocaine use during pregnancy can cause multiple and

complex problems in the uterus and after birth. These problems may include physical anomalies, inadequate development and dysfunction of the body's major organs and systems. Infants can experience withdrawal symptoms if mothers have used cocaine shortly before delivery. Cocaine use may also cause precipitous delivery resulting in premature birth and problems associated with low birth weight. Sudden infant death syndrome occurs at a higher rate among babies exposed to cocaine.

Tobacco use during pregnancy can also interfere with healthy fetal development. Babies born to smokers are more likely to be low in birth weight, born prematurely, have lower scores on a standard test of physical functions and die within the first year of life.

It is known that tobacco smoke reduces oxygen flow to the fetus. It is clear that cessation of smoking during pregnancy will contribute to a positive pregnancy outcome.

There are risks associated with the use of other drugs during pregnancy such as PCP, barbiturates and other prescription medications. These risks vary depending on the extent and time of use. In general, all drugs are contraindicated during pregnancy unless deemed absolutely necessary and administered under the supervision of a trained health professional.

Even under the most ideal circumstances, the nine months leading to birth can be difficult. When alcohol and other drugs are in the picture, the odds increase that a baby will have long-lasting health complications. For this reason, it is important for parents-to-be to remember that caring for a baby and planning for his or her future begins with making healthy lifestyle choices before and during the mother's pregnancy.

The United States has an extraordinarily high rate of infant mortality — one of the highest in the western world. Efforts to reduce the incidence of alcohol and other drug



ASAP Calendar of Events

May 19-20 (0730-1630):

Alcohol and Drug Abuse Prevention Training Program (ADAPT) is a two-day class for those interested in learning more about alcohol and drug abuse. It is also for those who the command feels could benefit from re-education.

May 28-30 (0730-1630):

Unit Prevention Leader (UPL): Required training for newly assigned unit prevention leader. Includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get the request forms in early.

All classes are held in the ASAP classroom, Bldg 3250 Sumter Avenue.

If you have any questions about the classes offered at ASAP please call 751-5007.

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. The Army Substance Abuse Program maintains a wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use. The staff of the ASAP is available to give presentations on alcohol and drug abuse upon request.

use during pregnancy would undoubtedly contribute to the reduction in infant mortality in the nation.

Anyone who knows someone who is pregnant and drinking should talk to the woman about FAS. Anyone pregnant and drinking should stop. The sooner a pregnant woman stops drinking, the better are the chances of having a healthy baby. It is never too late to seek help.

Editor's Note: The source for this article was *The National Council on Alcoholism and Drug Dependence and the National Institute on Alcohol Abuse and Alcoholism*. For more information, visit www.ncadd.org and www.niaaa.nih.gov. For more information about substance abuse, call 751-5007.

LEGAL

Advice for a successful PCS transition

Capt. Ryan H. Dodd
Legal Assistance Attorney

With PCS season fast approaching, there are several matters with legal consequences to consider. Are you going to lease a house or apartment at your next duty station? What is there to know about buying or selling a house? Can moving expenses be deducted on income tax returns? Do driver's license and car registration need to be changed? Is the service member's spouse eligible for unemployment compensation if he or she leaves a job because of a military reassignment?

Military termination clause for leases

Before signing a lease at the new duty station, service members should check the lease for a military termination clause, suitable for the military community, in case they need to end the lease before the full term. Among other things to review:

- Does the lease anticipate PCS situations?
- Does it incorporate any state law provision?
- How do military community members find out about it?
- Is it part of the welcome packet?

Every service member should check with the local housing or legal assistance office before signing a lease and have a trained professional review the lease to make sure it covers everything.

If you are buying a home, these sites might have useful information:

<http://homebuying.about.com/realstate/homebuying/library/blbuykit.htm>, *About.com's* online Home Buying Kit links collective — great resources for someone considering buying a home. Includes links to calculators to help decide how much you can afford.

<http://kiplinger.com/tools/housing.html>, for those wondering how much you may/can/should spend on a house — Kiplinger offers help to tally up other monthly expenses so that an affordable mortgage can be determined. The first part of this calculator will help you do just that. Part Two will help estimate future costs, or savings, asso-

Operation Hours

Fort Jackson's Legal Assistance Office is located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, and is open from 9 a.m. to 4 p.m., Mondays through Thursdays. Appointments can be made by calling 751-4287.

The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m, Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

ciated with the home being considered.

<http://www.ricedelman.com/planning/home/> offers a quiz on whether you are ready to buy.

The Web site of HSH Associates, the largest publisher of consumer loan information, also has two good calculators: Qualify for a Loan Based on Your Income, <http://www.hsh.com/calc-incomequal.html>, will tell you how much a lender might let you borrow. (Use it as a benchmark, because property tax and home insurance vary from loan to loan and state to state.) You can also try its How Much House Can You Afford <http://www.hsh.com/calc-howmuch.html> calculator.

Tax planning and moving expenses

Reasonable unreimbursed expenses can be deducted if they were incurred for:

— Moving household goods and personal effects, including expenses for hauling a trailer, packing, crating, in-transit storage and insurance.

— Travel and lodging expenses from the old home to the new home, including automobile expenses and airfare.

No deductions are available for expenses for meals, the cost of unnecessary side trips or lavish and extravagant lodging. Only unreimbursed expenses incurred in actually moving from the former home to the new assignment are deductible. The expense of house-hunting trips

before the move are not deductible, nor is there a deduction for any expenses for moving services provided by the government or moving expenses that were reimbursed and not included in income. For more information, visit www.irs.gov.

Driver's license and vehicle registration

Everyone who changes duty stations should check with the Department of Motor Vehicles in the state he or she is moving to to find out what needs to be done with regard to vehicle registration and driver's license.

Some states allow service members to keep renewing their vehicle registration while away from the state on military orders, while others will require them to register their vehicles in the state they live. Some states have property tax on vehicles and some will waive the taxes for those who are in the state on military orders. To find out more about each state's rules, visit www.usps.com/moversnet/motor.html.

Spouse unemployment benefits

Visit the Military Spouses' Career Network at <http://www.mscn.org/download/uc50guide.pdf>.

Auto Lease

More and more people are leasing cars. There are several Internet resources that help decide if this is a good idea. Military personnel who lease a car should consider whether they will deploy or PCS during the lease period and plan for that contingency. It is a good idea to check lease terms to see what happens if the lessee moves out of state or out of the country.

Anyone who plans to move to or away from Fort Jackson should consider these items. It is important for anyone with questions about a contract or lease agreement, to have it reviewed by a legal assistance attorney before signing. Anyone moving away from Fort Jackson should contact the Legal Assistance Office at his or her new duty station for state and post-specific information. To set up an appointment with an attorney, call 751-4287.

SPORTS/FITNESS

Two aces defy the odds

Susanne Kappler
Leader Staff

According to *Golf Digest*, the average golfer's odds of getting a hole-in-one are 12,000-to-1. Retired master sergeant Hardin "Bobby" Jones beat the odds twice on the same hole.

Jones had his first hole-in-one Feb. 15, 2003, on Fort Jackson's Old Hickory par-3 sixth hole. The hole has since been remodeled and Jones repeated the feat April 25 during the Retiree Appreciation Days tournament, striking the ball from the white tees, 151 yards out.

"It was kind of windy, so I hit it with the 7 iron," he remembered. "I hit the shot very solid. And there was a nice trajectory going toward the hole."

The retiree's passion for the sport and his nickname evoke comparisons to golf legend Bobby Jones, an association he shies away from, even though both men scored two aces each

throughout their golf careers.

"When I started playing golf, the name, 'Bobby Jones,' just kept on coming around all the time and, of course, sometimes (people) relate me to the great 'Bobby Jones,'" he said. "I'm nowhere near (as good a player as) he was."

The Columbia native has been playing golf for more than 50 years, most of it on Fort Jackson.

"I started caddying out here when I was about 12 years old," Jones said. Nowadays, he plays at least twice a week, not counting time spent at the driving range and practicing his short game.

"My golf game is OK. The only problem I have out there is my putting," he explained.

"Like most people, my putter doesn't reward me as much as



Photo by Susanne Kappler

Hardin "Bobby" Jones reads the green before his next putt.

the other clubs do."

Despite that shortcoming, Jones is a 9-handicap golfer and competes in tournaments on Fort Jackson and throughout the state.

While he likes to compete, winning is not the most important thing for Jones anymore.

"I've had a tendency to take

the game too seriously, but I've since learned to calm down and just play the game for what it is and just have fun," he said.

Jones has had many memorable moments on the golf course over the years.

"On Old Hickory number 3 — I've eagled that one at least three times from at least 170 yards out," he recollected. "That's a par 4. I've had eagles all around the golf course. You know, through the years, I've birdied every hole and eagled a few of them out here. But they don't all come on the same day, unfortunately."

Nothing compares to the memory of the two holes-in-one, though.

"In my (view), they were beautiful shots. Both of them," he said. "(Those are) the shots that you remember for a long time."

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Americans are losing the obesity battle

COMMENTARY

Maj. Thomas Hundley
Moncrief Army Community Hospital

As a personal fitness trainer, I have heard every excuse in the book for why people are overweight. Here are some statistics from the American College of Sports Medicine that may amaze you:

— Americans eat 5 to 10 percent fewer calories than 20 years ago, yet weigh approximately 5 pounds more.

— In the U.S., 50 million men and 60 million women ages 18-79 are overweight, more than 12 million are considered severely obese.

— 20 million adults in the U.S. are dieting to lose weight.

— Ninety percent of all dieters regain lost weight within one year and 99 percent within five years.

— One of five children ages 5-17 is obese.

— Americans spend twice as much to treat obesity-related conditions as they do to prevent it.

Research indicates obese people don't necessarily eat more calories than their peers, they simply move less. As a result, they burn fewer calories and store more fat, which causes their fat cells to expand.

How many retirees do you know who

have packed on the pounds after retirement? The first one who comes to my mind is my father, retired Sgt. 1st Class Thomas M. Hundley.

A year after I made him salute me at my commissioning ceremony, he retired and gained a whopping 50 pounds. He now suffers from chronic knee problems and severe back pains.

Losing one pound of weight actually takes four pounds of pressure off your knees. So in my dad's case, that amounts to 200 pounds of additional pressure on his ever-aging knees. If this sounds familiar, then it's time to do something about it. Here are some of the major contributors to obesity and recommended solutions to combat them:

Eating Too Many Calories

Back away from the food buffet. I don't care how hard you try, it is almost impossible not to go back for seconds and thirds at the all-you-can-eat joints. We go in with the mindset that we are going to definitely get our \$6.85 worth.

Within 30 minutes, you consume more than 3,500 calories at one meal. Houston, we have a problem! Be mindful of how much food you eat daily. Most importantly, know when to stop.



Maj. Thomas Hundley

Eating Too Many High-Fat/High-Sugar Foods

Did you know that it takes 10 minutes of jumping jacks to work off one Oreo cookie? Even I know you can't stop at just one cookie. Imagine eating a whole row of Oreos.

High fat foods are a menace to our waist lines. My recommendation is to try the 100 calorie variety snacks. When choosing a beverage, I recommend choosing the ones with a sugar substitute like Splenda, or just drink my personal favorite, good old H₂O. Let's cut the fat and reduce the sugar.

Living a Sedentary Lifestyle

Believe it or not, this may be the No. 1 reason why Americans are overweight. With the invention of the remote control, we don't even have to get up to change the channel. With the invention of cable, we don't even have to get up to turn the antenna or pole. With the invention of Nintendo, we don't even have to go outside to play. South Carolina is too beautiful a state to be inside on a couch. Get up, get out and get active.

Let's stop making excuses for our present conditions. Today is the day that we can make a positive change in our lives. We can all make America stronger and healthier than ever. That change begins with you. Let's get fit!

Sports Briefs

Volunteer Coaches Needed

Volunteer coaches for youth sports are needed. Experience is desired, but not mandatory. Volunteers get the "coaches discount," when their own children also play sports — 100 percent for the first child; 50 percent for each additional child. For more information or to volunteer, call 751-5040.

Strongman Competition

Deadline to register for the May 17 Strongman Competition is Tuesday.

Youth Baseball

Registration is ongoing for youth baseball. The season runs through June. T-ball is open for 3-5 year olds; coach pitch is open for 6-8 years old; and Little League is open for 9 years old and up. The fee is \$40, but additional children from the same family cost \$36. The fee includes a jersey, hat and trophy.

Youth Swim Team

The Youth Sports swim team is accepting registrations until June 9 for children 6-18 years old who can swim 25 meters. Practices will be held 8-9 a.m., Monday through Friday at either Legion Pool or Knight Pool. The cost is \$65 for the first child and \$58.50 for each additional child from the same family.

Softball Schedule



Thursday

6 p.m. TSB vs. RRS, Green Field
1-34 vs. 187th, Blue Field
7 p.m. 3-60 vs. 3-34, Green Field
Swampfoxes vs. MEDDAC, Blue Field

Monday

6 p.m. 2-60 vs. 3-13, Green Field
165th vs. CP, Blue Field
7 p.m. Roughnecks vs. 2-13, Green Field
MWR vs. 282nd Band, Blue Field

Tuesday

6 p.m. TSB vs. 3-34, Green Field
7 p.m. 1-34 vs. Swampfoxes, Green Field
8 p.m. RRS vs. 187th, Green Field

Wednesday

6 p.m. VSB vs. 2-60, Green Field
282nd Band vs. CP, Blue Field
7 p.m. 165th vs. 3-13, Green Field
MWR vs. 2-13, Blue Field

